



## ORARI CORSI COLLETTIVI OTTOBRE/DICEMBRE 2019

ORARI	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO
<b>10H00</b>		REFORMER CIRCUIT LIV.1 (M)	<b>10H30</b> REFORMER CIRCUIT LIV. 1 / 2 ( G)		REFORMER CIRCUIT LIV.1 (M)	REFORMER CIRCUIT LIV.1 / 2
<b>13H15</b>		REFORMER CIRCUIT LIV.1/2 (M)		REFORMER CIRCUIT LIV.1/2 (M)		<b>11H00</b> REFORMER CIRCUIT LIV.1 / 2
<b>15H00</b>				REFORMER CIRCUIT LIV 1/ 2 (A)		
<b>17H00</b>	REFORMER CIRCUIT LIV.1/2 (A)			<b>17H30</b> REFORMER CIRCUIT LIV 1/ 2 (G)	<b>17H30</b> REFORMER CIRCUIT LIV 1/ 2 (M)	
<b>18H00</b>	REFORMER CIRCUIT LIV.1/2 (A) -- <b>18H30</b> REFORMER CIRCUIT LIV.1/2 (M)	<b>18H30</b> REFORMER CIRCUIT LIV. 1 / 2 ( C)	PILATES MATWORK LIV. 1/2 (G) -- REFORMER CIRCUIT LIV. 1 / 2 ( C )	REFORMER CIRCUIT LIV. 1/2 (M) -- <b>18H30</b> REFORMER CIRCUIT LIV. 1/2 (G)	<b>18H30</b> REFORMER CIRCUIT LIV. 1/2 (M)	
<b>19H00</b>	PILATES MATWORK LIV. 1/2 (A) -- <b>19H30</b> REFORMER CIRCUIT LIV. 1/2 (M)	REFORMER CIRCUIT LIV. 1/2 (G) BODY ROLLING & STRETCH (M) <b>19H30</b> REFORMER CIRCUIT LIV. 1 / 2 ( C)	<b>19H00</b> DYNAMIC CIRCUIT LIV. 2 (G) -- <b>19H15</b> DYNAMIC CIRCUIT LIV. 2 (A)	REFORMER CIRCUIT LIV. 1/2 (M)		
<b>20H00</b>	PILATES MATWORK LIV. 1/2 (A)	REFORMER CIRCUIT LIV.1/2 (M)	REFORMER CIRCUIT LIV.1/2 (G)	PILATES MATWORK LIV.1/2 (M)		

**(A)=Anna ; (G)=Giada ; (M)=Manuela ; (C)=Carlotta**